

Class Listings ...register on page 35

Smith Senior Center classes continued...

Gym Walking

Ages: 55 years and older

Fee: Free

Dates: Monday-Saturday

Times: Call 375-2234

Bring a friend and enjoy the cool indoor climate as you walk for better health.

KungFu and Martial Arts

Ages: 13 years and older

Fee: \$45 month

Dates: March-August

Times: 7:15-8:50 pm

Instructor: Makool

Contact: 375-2234

Learn the art of self-defense. Workout promotes balance, agility, strength and improved focus and concentration.

Line Dance Classes

Ages: 18 years and older

Fee: \$6 walk-in fee

Dates: Tuesday

Times: 6:30-7:40 pm for beginners

and 7:40-8:50 pm for intermediates

Instructor: Summers

Contact: 375-2234

Great form of physical and mental exercise. Learn basic steps and techniques put to music through verbal cues and demonstrations.

Open Pool for Seniors

Ages: 55 years and better

Fee: \$30 for 6 months

Dates: January-June, July-December

Instructor: Center staff

Contact: 375-2234

Tuesday, 9:45-10:45 am; Thursday Lap swimmers only, 9:45-10:45 am; Tuesday and Thursday, 2:15-3:30 pm. Swimmers must swim in the deep end and swim only width of the pool except on Thursday mornings. A doctor's written authorization may be required.

Play Wii

Ages: 55 years and better

Fee: Free

Dates: Wednesday

Times: 10-11:30 am

Contact: 375-2237

Learn how to play and exert energy in playing different sporting games.

Shallow and Deep Water Aerobics

Ages: 18 years and older

Fee: Varies

Dates: Monday and Wednesday

Times: 5:15-6:15 pm

Instructor: Sloan

Contact: 375-2234

Build muscle and endurance through water resistance. A doctor's written authorization may be required.

SMAC (Seniors Making Activities Count)

Ages: 55 years and better

Dates: Tuesday

Times: 9:15-10:30 am

Contact: 375-2234

Support group with emphasis in weight control. Community projects are promoted by group members in aiding various agencies with specific tasks. Members also enjoy trips and outings.

Table Tennis

Ages: 16 years and older

Dates: Friday

Times: 7:15-9:45 pm

Contact: 375-2234

Match your skills and performance in a competitive atmosphere.

Water Aerobic Classes

Ages: 55 years and better

Fee: Varies, based on length of session

Instructor: Sloan, 375-2234

Shallow: Mon./Wed., 8:15-9:15 am, Tues./Thurs., 8:15-9:15 am; Arthritis classes: Tues./Thurs., 11 am-12 noon, and Mon./Wed./Fri., 10-11 am

Water Fitness

Ages: 18 years and older

Fee: Varies

Dates: Tuesday and Thursday

Times: 5:45-6:30 pm

Instructor: McClellan, 375-2234

Water exercise provides easy movement for stiff joints and muscles and builds strength and endurance. A doctor's written authorization may be required.

City Lakes

Lake Brandt

5945 Lake Brandt Rd., 373-3741

Lake Higgins

4235 Hamburg Mill Rd., 373-3739

Lake Townsend

6332 Lake Townsend Rd., 373-3694

Basic Orienteering

Ages: 12 years or older

Fee: \$5

Dates: May 15, June 5, August 7, 28

Times: 5:30-7:30 pm

Contact: 373-3694

Learn basic orienteering skills, using a compass and a map.

Beginners Archery

Ages: 12 years or older

Fee: \$10

Dates: April 24 and May 18

Times: 5-7 pm

Contact: 373-3694

Learn basic archery techniques, proper use of equipment, safety and more.

Hunter Safety

Ages: 12 years and older

Fee: \$5

Dates: March 3-4; August 4-5, 18-19

Times: 9 am-2 pm

Contact: 373-3694

Location: Lake Townsend Marina
6332 Townsend Rd.

This course is required for those who wish to purchase a hunting license in the state of North Carolina.

Intro to Kayaking

Age: 16 years and older (ages 13-15 must be accompanied by a parent)

Fee: \$30

Dates: April 4, 18; May 2, 16, 30;

June 6, 20; July 18; Aug. 1, 15, 29

Times: 5:30-7:30 pm

Contact: 373-3741

Location: Lake Brandt
5945 Lake Brandt Rd.

Students learn kayaking skills such as car topping, basic strokes, safety and entering and exiting the kayak.

Intro to Kayaking

Age: 16 years and older (ages 13-15 must be accompanied by a parent)

Fee: \$30

Dates: April 10, 24; May 8, 22;

June 12, 26; July 10, 24; Aug. 7, 21

Times: 5:30-7:30 pm

Contact: 373-3739

Location: Lake Higgins
4235 Hamburg Mill Rd.

Students learn kayaking skills such as car topping, basic strokes, safety and entering and exiting the kayak.

Night Paddle

Ages: 16 years and older

Fee: \$6 (private boat launch);

\$15 (single boat rental); and \$20

(tandem rental)

Dates: April 4, 18; May 2, 16, 30;

June 6, 20; July 18; Aug. 1, 15, 29

Times: 8-10 pm

Contact: 373-3741

Location: Lake Brandt
5945 Lake Brandt Rd.

Join our night kayak excursion on Lake Brandt. To register, call 373-3741.

Night Paddle

Ages: 16 years and older

Fee: \$6 (private kayak launch);

\$15 (single kayak rental); and \$20

(tandem rental)

Dates: April 10, 24; May 8, 22;

June 12, 26; July 10, 24; Aug. 7, 21

Times: 8-10 pm

Contact: 373-3739

Location: Lake Higgins
4235 Hamburg Mill Rd.

Join our night kayak excursion on Lake Higgins. To register, call 373-3739.

Junior Sailing

Ages: 10-15 years old

Fee: \$110

Dates: June 11-16, June 25-30, July 16-20, July 23-28, August 6-11 and August 13-18

Times: 8:30 am-12 noon

Contact: 373-3694

Location: Lake Townsend Marina
and Windsor Center

Class teaches basic techniques, water safety and develops skills. To register, visit: www.laketownsendyachtclub.com/JuniorSailing.asp

Learn To Sail

Ages: 16 years and older (age 15, if accompanied by participating adult)

Fee: \$100

Dates: April 30-May 8, May 13-22,

June 4-12, June 18-26, July 9-17 and

July 30-Aug. 7

Times: 6:30-8:45 pm, M/W;

5:30 pm-lake closing, T/Th/F; and

9-12 noon on Sat.

Contact: 373-3694

Location: Lake Townsend Marina
and Smith Senior Center

For more information or to register, visit: www.laketownsendyachtclub.com/LearnToSail.asp

**Bur-Mil Park
Wildlife Education Center
5834 Bur-Mil Club Rd.
373-3802 • www.burmilpark.org**

Creepy Crawly Bugs

Ages: 3-6 years old

Fee: \$4

Dates: March 1

Time: 9:30 am

Contact: 373-3802

This class offers activities about bugs and what make them cool and useful!

Animal Show & Tell

Ages: All ages

Fee: \$3

Dates: March 10

Time: 10 am

Contact: 373-3802

Meet some animals up close, including turtle, snakes, rabbits and insects.

Recycling in Greensboro

Ages: All ages

Fee: Free

Dates/Times: March 17, 10 am;

April 10, 6:30 pm; May 19, 10 am;

June 12, 6:30 pm; July 21, 10 am; and

August 14, 6:30 pm

Contact: 373-3802

Learn what happens to materials when they leave the recycling center, and how you can contribute to a cleaner city.

(All programs are subject to change.)

Bur-Mil Park classes continued...

Nature Photography

Ages: All ages

Fee: \$3

Dates: March 24

Time: 10 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn the best times of day for taking pictures and the basic equipment you will need. Bring a camera.

Earthy Gardening

Ages: 3-6 years old

Fee: \$4

Dates: April 5

Times: 9:30 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn how to plant plants in this class devoted to planet Earth.

Spring has Sprung

Ages: All ages

Fee: \$3

Dates: April 7

Time: 10 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Discover which plants and animals are waking up from a winter nap.

Bunnies Galore

Ages: All ages

Fee: \$3

Dates: April 26

Time: 6:30 pm

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn about habits and interact with a live bunny. Make a craft to take home.

Walking with Nature

Ages: 3-6 years old

Fee: \$4

Dates: May 3

Time: 9:30 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Wear your hiking boots. Students will explore the woods around the park and learn all about critters big and small.

Wild Symbols of NC

Ages: All ages

Fee: \$3

Dates: May 5

Time: 10 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn about the wildlife used for symbols of North Carolina, including the state bird, mammal, reptile, fish, amphibian, tree, flower and insect. Students will make a craft to take home.

Turtles and Other Local Reptiles

Ages: All ages

Fee: \$3

Dates: May 24

Time: 6:30 pm

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn about these interesting reptiles, including where they live, what they eat and how they protect themselves.

Gills, Scales and Water

Ages: 3-6 years old

Fee: \$4

Dates: June 7

Time: 9:30 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn the basics about what makes a fish, a fish. Poles and worms will be provided for children to fish. Class is part of The Little Hands Nature Series.

Micro Hike

Ages: All ages

Fee: \$3

Dates: June 9

Time: 10 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Grab a magnifying glass and explore what lives on the forest floor. Join a nature instructor on a hike in search of the tiny flora and fauna.

Fishy Tales

Ages: All ages (limited to 20 students)

Fee: \$3

Dates: June 23

Time: 10 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn about local fish and try your hand at casting for flat fish.

World of Forests and Streams

Ages: 3-6 years old

Fee: \$4

Dates: July 5

Time: 9:30 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Students will take a hike to a stream at Bur-Mil Park and search for critters. This class is part of The Little Hands Nature Series.

Venomous or Not? Dispelling the Myths

Ages: All ages

Fee: \$3

Dates: July 14

Time: 10 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Many of these creatures are helpful to the environment. Learn how to identify which snakes or spiders are venomous.

Rocks and Minerals

Ages: All ages

Fee: \$5

Dates: July 26

Time: 6:30 pm

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn the differences between minerals and rocks and do some gem mining.

Tweet Tweet

Ages: 3-6 years old

Fee: \$4

Dates: August 2

Time: 9:30 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn how birds fly, where they live and what they eat. Bring binoculars and try to spot and identify different birds. Class is part of The Little Hands Nature Series.

Nature of Trees

Ages: All ages

Fee: \$3

Dates: August 11

Time: 10 am

Contact: 373-3802

Location: Wildlife Education Center
5834 Bur-Mil Park Rd.

Learn basic tree identification, the role of trees in the environment and the many uses of trees.

"Growing, the Green Way" Environmental Education Series

How to have your own Carolina Yard

Ages: Adults

Fee: Free

Instructor: NC Cooperative Extension and Extension Master Gardeners, 375-5876

Dates: March 1

Times: 6:30 pm

Location: Wildlife Education Center
5834 Bur-Mil Club Rd.

Dates: March 6

Times: 6:30 pm

Location: NC Cooperative Extension
3309 Burlington Rd.

Dates: March 11

Times: 4 pm

Location: Arboretum Education Building, 401 Ashland Dr.

Learn design principles, site and plant selection, soils and bed preparation along with pest control.

Great Lawns in Lower Light

Ages: Adults

Fee: Free

Instructor: NC Cooperative Extension and Extension Master Gardeners, 375-5876

Dates: March 5

Times: 6:30 pm

Location: Kathleen Clay Library
1420 Price Park Dr.

Dates: March 15

Times: 6:30 pm

Location: Wildlife Education Center
5834 Bur-Mil Club Rd.

Dates: March 20

Times: 6:30 pm

Location: NC Cooperative Extension
3309 Burlington Rd.

Dates: March 25

Times: 4 pm

Location: Arboretum Education Building, 401 Ashland Dr.

Choose flowering annuals, perennials, bulbs and woodland plants to brighten and add color to that shady yard.

Rain Gardens – The Hows & Whys

Ages: Adults

Fee: Free

Instructor: NC Cooperative Extension and Extension Master Gardeners, 375-5876

Dates: April 2

Times: 6:30 pm

Location: Kathleen Clay Library
1420 Price Park Dr.

Dates: April 10

Times: 6:30 pm

Location: NC Cooperative Extension
3309 Burlington Rd.

Dates: April 12

Times: 6:30 pm

Location: Wildlife Education Center
5834 Bur-Mil Club Rd.

Dates: April 15

Times: 4 pm

Location: Arboretum Education Building, 401 Ashland Dr.

Learn how to construct a rain garden and how beautiful they can be.

Organic Pest Control

Ages: Adults

Fee: Free

Instructor: NC Cooperative Extension and Extension Master Gardeners, 375-5876

(All programs are subject to change.)

Class Listings ...register on page 35

Growing, the Green Way continued...

Dates: April 19
Times: 6:30 pm
Location: Wildlife Education Center
 5834 Bur-Mil Club Rd.

Dates: April 24
Times: 6:30 pm
Location: NC Cooperative Extension
 3309 Burlington Rd.

Dates: April 27
Times: 12:30 pm
Location: Kathleen Clay Library
 1420 Price Park Dr.

Dates: April 29
Times: 4 pm
Location: Arboretum Education
 Building, 401 Ashland Dr.

Discover how to create and sustain a productive organic garden that's good for your family and the environment.

Drought Tolerant Landscapes

Ages: Adults
Fee: Free
Instructor: NC Cooperative Extension and Extension Master Gardeners, 375-5876
Dates: May 7
Times: 6:30 pm
Location: Kathleen Clay Library
 1420 Price Park Dr.

Dates: May 8
Times: 6:30 pm
Location: NC Cooperative Extension
 3309 Burlington Rd.

Dates: May 17
Times: 6:30 pm
Location: Wildlife Education Center
 5834 Bur-Mil Club Rd.

Dates: May 20
Times: 4 pm
Location: Arboretum Education
 Building, 401 Ashland Dr.

Learn landscaping basics that include creating an outdoor living area as an alternative to a lawn, bed preparation that maximizes moisture retention and drought tolerant plants that help create low maintenance landscapes.

"Living, the Wild Life" Environmental Education Series

Fly Fishing Demo

Ages: Adults
Fee: Free
Dates: March 3
Times: 1-3 pm
Contact: 373-3816
Location: Lake Higgins
 4235 Hamburg Mill Rd.

Discover the basic techniques of the art of fly fishing. Topics include casting, knots, equipment and strategies.

Prepare Your Catch

Ages: Adults
Fee: Free
Dates: March 10
Times: 1-3 pm
Contact: 373-3816
Location: Lake Brandt
 5945 Lake Brandt Rd.

Learn to clean, debone and prepare freshly caught fish. A chef will teach you how to prepare your daily catch.

Take a Kid Fishing

Ages: All ages
Fee: Free
Dates: March 24
Times: 1-3 pm
Contact: 373-3816
Location: Hagan-Stone Park
 5920 Hagan-Stone Park Rd.

Bring a little buddy to Hagan-Stone Park's pond and learn how to fish. Fishing poles will be provided.

Hoot, There It Is – Owls

Ages: All ages
Fee: Free
Dates: April 12
Times: 6-7:30 pm
Contact: 373-3816
Location: Hagan-Stone Park
 5920 Hagan-Stone Park Rd.

Learn all about owls and what makes them so good at hunting. Through a hands-on activity, find out what owls eat, and what an owl pellet is. It might not be what you think!

Blue Birds

Ages: All ages
Fee: Free
Dates: April 19
Times: 6-7:30 pm
Contact: 373-3816
Location: Lake Higgins
 4235 Hamburg Mill Rd.

Learn about blue herons and eastern blue birds that call Lake Higgins home. Take a hike with binoculars to look for nesting areas near the lake.

Backyard Birds

Ages: All ages
Fee: Free
Dates: April 26
Times: 6-7:30 pm
Contact: 373-3816
Location: Lindley Center
 2907 Springwood Dr.

Discover different types of birds and their habitats. Binoculars are provided.

Tracks & Scats

Ages: All ages
Dates: May 3
Times: 6-7:30 pm
Contact: 373-3816

Location: Lake Higgins
 4235 Hamburg Mill Rd.

Join us for a walk in the forest to spot animal prints and poo that may give us clues about what animals are nearby.

Creatures of the Night Hike

Ages: All ages
Fee: Free
Dates: May 10
Times: 6-7:30 pm
Contact: 373-3816
Location: Bur-Mil Park
 5834 Bur-Mil Park Rd.

Listen to calls and voices of creatures that only come out after dark.

Love Bugs

Ages: All ages
Fee: Free
Dates: May 31
Times: 6-7:30 pm
Contact: 373-3816
Location: Gateway Gardens
 2932 E. Lee St.

Explore helpful things bugs do for our ecosystem through a game and activities.

Mainstream Resources (Therapeutic Recreation)

**501 Yanceyville St.
 373-2735, 373-2954, 373-2626 (TDD)**

Arts for All

Ages: All ages and abilities
Fee: Free
Dates: March 5-April 16
Times: 6:30-7:30 pm
Instructor: MainStream Resources staff, 373-2735, 373-2954
Location: Hillcrest House
 1505 West Friendly Ave.

This inclusive program offers adaptive artistic, expressive leisure opportunities and social interactions with peers and family. Class meets every other Monday.

Camp Joy

Ages: 5 years and older
Fee: \$55 per week (\$165 for 3 weeks)
Session I Dates: June 18-July 6
Times: 9 am-3 pm
Session II Dates: July 16-August 3
Times: 9 am-3 pm
Instructor: Camp Joy staff
Contact: 373-2735, 373-2954
Location: Hagan-Stone Park
 5920 Hagan-Stone Park Rd.
 Pleasant Garden, NC

Camp Joy is a summer day camp for children and adults with developmental disabilities. Activities will include five instructional classes, swimming and special events. Limited space available for ages 5-12 without disabilities. No assistance provided.

Camp Joy – Special Session

Ages: 5 years and older
Fee: \$55
Dates: July 9-13
Time: 10 am-2 pm
Instructor: Camp Joy staff
Contact: 373-2735, 373-2954
Location: Hagan-Stone Park
 5920 Hagan-Stone Park Rd.
 Pleasant Garden, NC

This is a summer day camp for children and adults with physical disabilities. Activities will include five instructional classes, swimming and special events.

Chair Exercise

Ages: 15 years and older
Fee: Free
Dates: March 2-April 27
 June 29-August 10
Times: 10-11 am
Instructor: MainStream Resources
Contact: 373-2735, 373-2954
Location: Smith Senior Center
 2401 Fairview St.

Individuals with physical disabilities enjoy adaptive and accessible exercise opportunity and social interaction with peers and friends.

GTCC After School

Ages: 18 years and older
Fee: Free (money needed on some days)
Dates: March 6-April 24
Times: 2-4:30 pm
Instructor: MainStream Resources
Contact: 373-2735, 373-2954
Location: Smith Senior Center
 2401 Fairview St.

Program offers leisure experiences and education for adults with developmental disabilities through the Adult Basic Education program at GTCC along with social interaction with peers. Participants must be at the Greensboro GTCC campus.

Gym Walkers

Ages: All ages and abilities
Fee: Free
Dates: Ongoing
Times: 5:30-6:30 pm
Instructor: Participant self-directed
Contact: 373-2735, 373-2954
Location: Smith Senior Center
 2401 Fairview St.

This program offers individuals of all ages and ability levels an adaptive and accessible climate-controlled walking program and social interaction with peers and family members.

Rail Bowling

Ages: 15 years and older
Fee: \$3.50 per week
Dates: March 6-April 24
 June 26-August 7

(All programs are subject to change.)